GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

PICKLES

The pickling season has arrived again. Many of you will soon have cucumbers in quantity to put in brine.

Brined pickles, also called fermented pickles, go through a curing process of about three weeks. Curing changes cucumber color from a bright green to an olive or yellow green. The interior of the cucumber becomes uniformly translucent. A desirable flavor is developed. The skin of the pickle is tender and firm; not hard, rubbery, or shriveled. The inside is tender and firm; not soft or mushy.

Fresh-pack or quick-process pickles are brined for several hours or overnight, then drained and combined with boiling-hot vinegar, spices, and other seasonings. These are quick and easy to prepare. They have a tart, pungent flavor. Fresh-pack whole cucumbers are olive green, crisp, tender and firm.

The fruit or vegetable from which pickles are made should be of good quality - firm in texture, and free from bruises, decay or mold. Over-mature fruits and vegetables will shrivel during the pickling procedure. Use fruits and vegetables as soon as possible. If there is delay of more than a few hours, refrigerate. Use unwaxed cucumbers for pickling whole so the brine can penetrate.

Wash thoroughly. Be sure to remove all blossoms from cucumbers as they may contain enzymes which cause softening of cucumbers. Sort for uniform size.

Correct proportins of fruit or vegetable, sugan, salt, vinegar, and spcies are essential for successful pickling. Alum and lime are not needed to make pickles crisp and firm.

Vinegar serves two purposes in pickle making -- that of preserving the product and modifying its taste. The addition of water weakens the vinegar. If a less sour product is preferred, add sugar rather than decrease vinegar.

Use cider or white distilled vinegar of 5 percent acidity. Cider vinegar, with its mellow acid taste, gives a nice blending of flavors but may darken white or light-colored fruits and vegetables. White distilled vinegar has a sharp, pungent, acetic acid taste and is desirable when light color is important.

Either white granulated or brown sugar may be used. White sugar gives a product with a lighter color.

Use fresh spices for best flavor.

Use pure salt. When making a brine solution, add salt until the solution will float a fresh egg. Table salt can be used but the materials added to prevent caking may make the brine cloudy. Do not use iodized table salt; it may darken pickles.

Heat processing is recommended for all pickle products to destroy organisms that cause spoilage and to inactivate enzymes that may affect flavor, color and texture.

Dark pickles may be the result of minerals in water, especially iron, using iron utensils, too much spice, or cooking too long with spices, or iodized salt.

RECIPE OF THE WEEK
CUCUMBER PICKLE

Soak 3 dozen cucumbers in brine for 2 weeks. Soak overnight in clear water. Cut in desired pieces and cover with water to which 1 1/2 tablespoons alum has been added; let stand 24 hours. To 3 quarts water add 1 quart of vinegar, let come to a boil, drop in cucumbers and keep on low heat until hot through. Let stand overnight. Drain well and pack closely in jars. This recipe can be doubled, tripled or quadrupled.

Syrup:
1 pint vinegar
3 lbs. sugar
1 box mixed pickling spice
Let come to a boil, pour over cucumbers, seal at once.

COUNTY LANE HD CLUB TO HAVE PICNIC JULY 12

The County Lane HD Club is having their picnic July 12 at 6:30 at the home of Mrs. Martha Morris.

Every member and their family is invited.

EUGENE THOMPSON, JR. member of Den 4, Pack 546 in Appomattox, won third place Monday at "day camp" boat regatta held at Camp Sacajawea. He competed with 122 boys from the Seminole and Central Districts in this contest, and won a prize of a carrier for his bicycle.

Eugene is the son of Mr. and Mrs. Eugene Thompson, Sr. of Rt. 1, Appomattox.

Hollywood

Rev. Paul Balthaser brought a fine Bicentennial July 4th message to our people of Hollywood Church Sunday morning.

Mr. and Mrs. Albert Balthaser, of Hamburg, Penn., are spending some time with their son and daughter-in-law, Rev. and Mrs. Paul Balthaser and family.

Rev. Paul Balthaser visited Mrs. C. R. Banton Thursday evening. Mrs. Billy Inge visited Mrs. Banton Saturday morning.

Mr. and Mrs. Clem Woodall and Susan visited Mr. F. O. Covington, Mrs. Mary Bagby and Mr. and Mrs. Thomas Woodall and family Sunday evening.

Mr. and Mrs. L. F. Day, of Lynchburg, and Mr. and Mrs. Harold Morris were visitors Sunday afternoon of Mr. and Mrs. R. M. Webb and family.

Sunday night visitors of Mr. and Mrs. W. H. Wingfield and family were Mr. and Mrs. Scott Sheets and Mr. and Mrs. Bill Watson and family.

Rev. and Mrs. Carlton Smith and family, of North Carolina, and Mr. and Mrs. Calvin Smith and family were visitors during the week end of their parents, Rev. and Mrs. Otis Smith.

Mr. and Mrs. Robert Coleman were supper guests of Mr. and Mrs. J. L. Torrence, Sr. Sunday night. They spent Wednesday afternoon with Mrs. W. T. Covington.

Mr. Thomas Woodall, and daughter, Debbie, of Lynchburg, spent the week end with Mr. and Mrs. Thomas Woodall and Lisa.

Mr. and Mrs. R. G. Austin and Tom were visitors of Mr. and Mrs. L. H. Watson Thursday night.

Mrs. Kenneth Deaner and Mrs. Ioan Mayberry spent Sunday afternoon with Mr. and Mrs. Roy Stokes and family, of Brookneal.

Mrs. Otis Smith enters Duke University Hospital in North Carolina Wednesday for treatment. Her relatives and many friends wish for her a very speedy recovery.

Mr. and Mrs. W. H. Wingfield spent Sunday afternoon with Mr. and Mrs. James Waldron of Bedford.

Mr. and Mrs. W. H. Wingfield spent Sunday afternoon with Mr. and Mrs. James Waldron of Bedford.

Mr. and Mrs. Thomas Woodall and family visited Mr. and Mrs. Frank Woodall and family visited Mr. and Mrs. Frank Woodall of Lynchburg, Sunday. We are so glad Mrs. Frank Woodall is improving nicely.

Mr. and Mrs. George Watson, of Arizonia, were visitors last week of Mr. and Mrs. Bill Watson and family.

Mr. and Mrs. R. M. Webb and Mr. and Mrs. Thomas Woodall and family visited Mr. F. O. Covington and Mary Bagby Sunday night.

Miss Julia Wingfield and the Bill Watsons attended the week-end with Mr. and Mrs. J. P. Alvis Jr.

Mr. and Mrs. Lyle Gilbert spent the week-end in Roanoke.

Mrs. Hubert Scruggs is in the hospital with a broken hip due to a fall last Sunday.

Mr. Carey E. Carson came home from the hospital Sunday.

Mr. and Mrs. Lawrence Wheeler, of Lynchburg and Mrs. Estelle Martin visited Mr. and Mrs. I. B. Wheeler Monday.

Mrs. Hazel Gillaspie and Mrs. Eloise Wheeler visited Mr. Osborn and Crawford Davidson and Mrs. Becky Shanks last Thursday.

Mr. Judson Davidson spent last week with his aunt, Mrs. Claude Trent, at Charlottesville.

Mr. and Mrs. Claude Trent and daughters spent Saturday night with Mr. and Mrs. Wallace Bondurant.

Mrs. Frances Chenault is spending some time with her father, Mr. Hubert Scruggs.

Miss Connie Krantz spent last week at "The Cedars".

Sympathy is extended Mr. Eugene Cyrus on the loss of his brother.

FARM BUREAU TO SPONSOR POSTER CONTEST

The Appomattox County Farm Bureau Women's Committee will be sponsoring a Farm Family Life Poster Contest for children 10 and under at the annual Farm Bureau Picnic on August 7 at Holiday Lake. These posters have to be in the Extension Office by August 2, 1976, for judging. Prizes of $5.00, $3.00 and $2.00 will be given.

Stonewall

Blessed is the nation whose God is the Lord. Psalm 33:12

Sorry to report the death of Mrs. Sep Spencer who passed away suddenly Saturday one week after her husband died. She was buried in Spring Hill Cemetery in Lynchburg on Tuesday. We extend sympathy to her family. Her daughter Mrs. Myrtle Owens is critically ill in a hospital in Petersburg.

Mr. and Mrs.Layton Harvey of Roanoke spent the week-end with Mr. J. O. Davidson and Crawford Davidson.

Sunday was a big day at Hebron. There was a picnic at noon and singing in the afternoon. A nice crowd came for the singing.

Mr. and Mrs. Kenneth Alvis of Newport News spent the Bicentennial program at Miller Park in Lynchburg Sunday.

Mr. and Mrs. D. H. Easley, of Quantico, Va. visited Mrs. Mae Slough and family last week. Mrs. Easley and Mrs. Slough visited Mrs. Mary Bagby Wednesday afternoon and Mr. and Mrs. H. W. Jenkins Friday.

Mr. F. O. Covington and Mrs. W. H. Wingfield spent Monday in Lynchburg visiting relatives and friends.

Supper guests of Mr. and Mrs. Larry Justis and family Sunday were Mr. and Mrs. Willie Watson, Mr. and Mrs. George Watson, and Mr. and Mrs. Bill Watson and family.

Mr. and Mrs. W. H. Wingfield and family visited Mr. and Mrs. F. O. Covington and Mrs. Mary Bagby Wednesday. Mr. and Mrs. Rufus Wingfield called in this home Wednesday also.

Mr. F. O. Covington called in the homes of Mr. and Mrs. Thomas Woodall and family, Mr. and Mrs. W. H. Wingfield and family, Mr. and Mrs. Kenneth Deaner and family and Mr. and Mrs. Bill Watson and family Saturday.

Visitors Sunday afternoon in the home of Mrs. Mary Bagby were Mr. Walter Morris of Lynchburg, Mr. and Mrs. James Woodall, Mr. and Mrs. Raymond Franklin, Wesley, Ricky and Pam Franklin, Mrs. Ioan Mayberry, Mrs. Kenneth Deaner, Mrs. Lougenia Doss, Mrs. Gladys Johnson, Mrs. Earle Robinson and Mrs. Sam Evans.

Steve Wingfield of Roanoke will be the guest evangelist and Ken Masterman of Allentown, Pa., will be song leader.

There will be special singing each evening. The public is cordially invited to attend.

The Youth Crusade is being sponsored by the people of Central Virginia.

Youth Crusade Planned At Rustburg High School

A Youth Crusade is planned at Rustburg High School July 18 - July 23 beginning at 8 p.m. each evening.

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HONDA

OBITUARIES

Charles G. Megginson, Jr.

Charles Gregory Megginson Jr., 13, of Rt. 3, Appomattox, died June 29.

He joined Spring Field Baptist Church at age 11. He leaves to mourn a father, Charles Megginson, Sr.; a mother, Dorsethea Kidd Megginson; two brothers, Stanley and Gerry Megginson; three sisters, Roslyn, Margaret and Valerie Megginson, all of Appomattox; paternal grandparents, Mr. and Mrs. Herman Megginson of Appomattox, and maternal grandparents, Mr. and Mrs. Melvin Kidd of Gladstone.

Funeral services were held Friday at 3 p.m. at Spring Field Baptist Church with interment in the church cemetery. West Funeral Home in Appomattox was in charge.

Herman L. Morris

Herman Lee Morris, 69, of Rt. 2, Forest, died at 11:35 p.m. Saturday in Lynchburg General Hospital after a long illness. His wife is Mrs. Carrie Garrison Morris.

Born in Charlotte County, he was a son of the late Alonza Marshall Morris and Glenna Moore Morris. He was a retired employe of Appalachian Power Co., where he worked for 31 years, and was a member of Forest United Methodist Church.

In addition to his wife, he is survived by three sons, A Marshall Morris of Forest, H. L. Morris Jr. of Lynchburg and Thomas M. Morris of Forest; a daughter, Mrs. Patricia Wilson of Lynchburg; four brothers, Walter S. Morris of Hightstown, N.J., Joseph T. Morris of Forest, A. Hansford Morris of Red House and Warren N. Morris of Keysville; five sisters, Mrs. Hazel Johnson of Cullen, Mrs. Rachel Paulette of Appomattox, Mrs. Lillion Rush of Kenbridge, Mrs. Thelma Marshall of Lynchburg and Mrs. Anne McChesney of Hightstown, N.J., and six grandchildren.

Funeral services were conducted at 11 a.m. Tuesday at Whitten Timberlake Chapel. Burial was in Virginia Memorial Park.

Mrs. Robert W. Moore

Mrs. Hallie Tweedy Moore, 81, of 1590 Blackburn St., Lynchburg, formerly of Concord, died Friday at 10:15 a.m. at her home after a long illness.

Born Nov. 11, 1894, in Concord, she was a daughter of the late Emmitt F. Tweedy and Nannie Jones Tweedy. She was the wife of the late Robert Washington Moore, and was a member of Early's Chapel United Methodist Church, Concord.

She is survived by three sons, William P. Moore and Malcolm B. (Jack) Moore, both of Lynchburg, and Robert Berkley Moore of Rustburg; two daughters, Mrs. Lacy Walker and Mrs. Roy Carter, both of Lynchburg; two sisters, Mrs. Lula Dodd, of Lynchburg and Mrs. Katie Bowles of Charlotte, N.C., 12 grandchildren and 10 great - grandchildren.

Funeral services were held at 3 p.m. Sunday at Early's Chapel United Methodist Church, Concord, with burial in the church cemetery.

Virginia Funeral Chapel was in charge of arrangements.

Lloyd F. Cyrus

Lloyd French Cyrus, 66, of Rt. 1, Concord, died at 9:35 a.m. Sunday in Guggenheimer Memorial Hospital.

Born in Campbell County, he was a son of Robert Lee Cyrus and Betty Ryan Cyrus. He was a member of New Chapel Baptist Church and was a retired employe of Truck Body Corp.

He is survived by his wife, Mrs. Rachel Moore Cyrus; two sons, John W. Cyrus of Rustburg and Billy Carrico, Jr. of Lynchburg; four daughters, Mrs. James Pillow of Rustburg, Mrs. Irby King of Concord and Mrs. Margaret Shelton and Mrs. Jackie McNavish of Lynchburg; three brothers, David Cyrus of Lynchburg, Bennie Cyrus of Concord and Eugene Cyrus of Spout Spring; four sisters, Mrs. Lucille Chenault and Mrs. Mae Garrett of Lynchburg, Mrs. Reva Kline of Pennsylvania and Mrs. Maggie Covington of Concord, and 12 grandchildren.

Funeral services were conducted at 4 p.m. Tuesday at Robinson Funeral Home by the Rev. Phillip Bailey and the Rev. James Price. Burial was in Old Concord Presbyterian Church Cemetery.

John L. Pearson, Sr.

John Lewis Pearson, Sr., 44, of Route 3, Dillwyn died Tuesday.

He is survived by his wife, Jackie C. Pearson of Dillwyn; his mother, Mrs. Mary M. Pearson of Dillwyn; two daughters, Mrs. Vickie P. Martin of Appomattox and Karen Pearson of Dillwyn; one son, John L. Pearson, Jr.; four sisters, Mrs. Nell Snoddy and Mrs. Dorothy Webb, both of Dillwyn; Mrs. Marie LeGrand of Boydton and Mrs. Dell Paschen of Williamsburg; and one brother, Harry Pearson of Appomattox.

Graveside services were conducted Wednesday at 3 p.m. by the Rev. Hoyt Pinch at the Pearson family cemetery.

Dunkum Funeral Home in Dillwyn was in charge of arrangements.

Chestnut Grove

Mrs. Don Morris, accompanied by Mr. and Mrs. Lewis Morgan of Andersonville attended the wedding of Mrs. Jean Crews Jones and Leland Lawrence at the Methodist church at Roanoke on Saturday.

Wayne Cook and Jennifer Boykin, both of Richmond spent Saturday with Mr. and Mrs. W. T. Cook. T. C. Beasley of Roanoke also was a visitor on Saturday.

Mr. and Mrs. C. H. Morris were Sunday visitors of Mrs. Cary Payne of Dillwyn.

Bonita Haris of Lynchburg visitedMr. and Mrs. Joe L. Harris and Mr. and Mrs. Russell L. Harris Monday.

Mr. and Mrs. Bob Bryan attended the Virginia Pork Industry COmmission meeting at Virginia Beach Tuesday and Wednesday.

Supper guest of Mr. and Mrs. Roger Morris were Mr. and Mrs. Earl Seay and family of Richmond, Mr. and Mrs. Rice Seay and Nathan Haver, all of Andersonville.

Edward T Cook, Kenneth and Randy of Prospect spent Monday with Mr. and Mrs. W. T. Cook.

The regular Club Meeting will be Monday July 12 at 2:00 p.m. at the Club House. Remember to bring receipes to exchange.

Little Rodney Morris of Richmond spent the week-end with his grandparents, Mr and Mrs. C. W. Morris while his parents Mr. and Mrs. Billy Morris took a trip.

Mrs. Ruth Beasley spent last week with Mr. and Mrs. Sam Baldwin at Rustburg.

Visitors during the week-end were Mr. and Mrs. David Wodall of Farmville, Mr. and Mrs. Sam Baldwin and family of Rustburg.

Clover Hill

Adorn the doctrine of God, our Saviour in all things. Titus 2:10

Mr. Jim H. Berkley of Washington is still visiting his family and friends here in Virginia.

Mr. and Mrs. Perry Edwards and sons of Richmond were visiting here on last week. On Sunday after church they visited in the home of Mr. and Mrs. Floyd Berkley and family. Also visiting in that same home were Mr. Jim Berkley of D. C. Mr. and Mrs. Walter Carter of Pamplin, also Rev. Flood and family of Pamplin.

We are very glad to have Mrs. Mary Forbes back home with us, and worship with us in our church. WElcome home again.

Misses Virgina and Carolyn Berkley visited their aunts Mrs. Louie Gordon and Mrs. Hazel Walker and family last week-end in Farmville. Also Mr. and Mrs. Perry Edwards and sons of Richmond.

Rev. James Miller will be our morning speaker at the Gravel Hill Baptist Church on the third Sunday in July at 11:3; a.m. and his church choir will sing for their homecoming day. Rev. Johnny Paige will be the speaker throughout the week. COme and be with us and share in our fellowship of how good God has been to you.

We have received word that Mrs. Leroy Spradling of Detroit, Michigan is back home from the hospital and is getting along nicely. We are still praying for her.

Rev. Wyatt T. Venable will preach next Saturday nigh which is the second Saturday in July at 7:30 at the Gravel Hill Baptist Church.Mr. Willie L. Wooldridge sponsor. Come and be with us.

Mrs. Louis Gordon spent a few days in the hospital last week and is out now and doing nicely at this writing.

We are very soorry to hear of the death of Mrs. Evelyn Matthews last week. She lived in Washington D. C. Sister of Mrs. Flossie Bowen of Prospect.

UNDERSTANDING DRUG ABUSE

Drug Use, Step by Step

When young people's use of illegal drugs became widespread during the past decade, an often expressed fear of some of their elders was that experimentation with any drug would lead to experimentation with—and addiction to—narcotics. Marihuana was referred to by some as a narcotic (which it is not), and the smoking of marihuana cigarettes was singled out as the first step toward dangerous, chronic addiction.

Recent research supported by the National Institute on Drug Abuse has now revealed that there are clear stages in drug-using behavior, but this progression does not appear to start with marihuana. Marihuana, instead, is a link in a chain. From the research it appears that young people, as they are going through adolescence, begin their drug consumption with beer and wine (if they use drugs at all).

If they pursue drug use, the next step can be in two directions: to cigarettes and to hard liquor. The next step for both groups, if the young person continues, is almost inevitably to marihuana use.

Many people, of course, stop at any one of these steps, but for those who continue the next step is to other illicit drugs—most often tranquilizers, amphetamines, and barbiturates. Next come LSD and other hallucinogens, followed by the final step in this progression to the use of what are generally known as the hardest drugs, heroin and cocaine.

Only a minority of drug users make this complete progression to hard drug use. The others stop at any one of the steps. When they do stop, and if they give up drug use, they tend to go back down the same series of steps in the reverse order. Thus, a person who is giving up heroin tends to come back down the steps to the use of LSD and hallucinogens, and on down to tranquilizers, amphetamines, barbiturates and other illicit drugs, including marihuana, then again to hard liquor, tobacco, and beer and wine.

A pattern of drug use, though by no means inevitable, is now predictable.

Motion pictures were projected on a screen publicly for the first time on Dec. 28, 1895, according to World Book Encyclopedia.

A fish is properly cooked if it flakes easily when tested with a fork.

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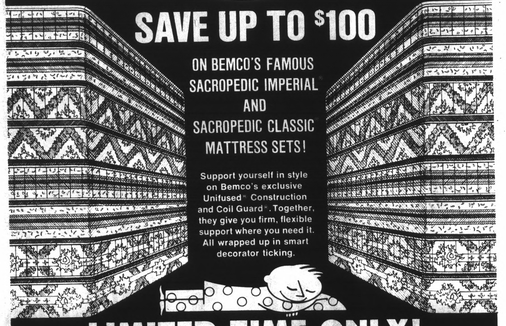

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Summertime and your electric bill.

When temperatures soar into the 90's, a lot of us turn to our air conditioners for relief. And this means higher electric bills unless we do something about it.

The peak load.

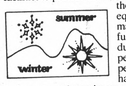
For us here at Vepco, it will mean that virtually all generating equipment will be needed to provide this electricity. And this is expensive.

This heavy demand for electricity is called peak load and it's one reason why residential electric rates for customers using more than 600 kilowatthours per month are higher in the summer.

Let's take a closer look.

How peak load affects your rates.

Because customer demand for electricity is greater in the summer than the winter, we must have generating equipment and facilities to provide their needs. Even though this equipment may operate fully only during this peak load period, we still have to pay for it throughout the entire year—for things like taxes, interest payments on the money that we borrowed to build it, and labor costs. Therefore, to offset these costs, higher rates are charged to customers who contribute to the heavier summer demand.



How to take the peak out of the load.

Peak loads generally occur on weekdays, rather than weekends or nights when many industrial and commercial operations are shut down.

The biggest way you can help is by shifting your heavy weekday consumption of electricity away from the peak times of the day.

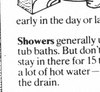
When that hot "peaking" summer day arrives, it will help if you can try to do some of the big home jobs before 10 a.m. or after 10 p.m. Things like laundry, dishwashing or anything using hot water or heavy appliances that put a heavy load on your electricity. If they can be rescheduled so that they do not occur during the hottest part of the day or just when everybody gets home from work, you can cut down the impact of the peak load.

If the peak load can be cut, the need for additional electrical generating equipment and support facilities won't be as great. Which means that less money would be needed for future construction of facilities to meet your needs.

Ways to help during a peak load period.

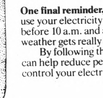
Temperatures in your home are very important, especially with your air conditioner running. 78 degrees is the recommended setting in most cases. However, when it gets super hot, remember never to keep the inside temperature more than 15 degrees cooler than the outside.

Air conditioners are a blessing, but make sure yours gives you its best. Keep filters clean. Dirty filters will run up your cooling costs. Also, be sure large pieces of furniture aren't blocking your air conditioner's circulation of air.



Buying an air conditioner? Be sure to buy one with a high **Energy Efficiency Ratio (EER).** It'll save you money on operating costs. An **EER** of 6 to 7 is fair, 8 to 9 is good, and 10 or higher is excellent.

Refrigerators and home freezers are big energy users. Keep door openings to a minimum and avoid overchilling. 40 degrees is the recommended setting for refrigerators, 0 degrees for freezers. Check door gaskets. If a dollar bill doesn't fit snugly when the door is closed, it needs replacing. And defrost the units before the frost is one quarter inch thick.



Dishwashers should be used only when there's a full load. So wait till it's full and then run it late at night or early in the morning. And to reduce costs on your dishwasher, turn it off when it starts the drying cycle.

Laundry is most economical when you use cold water detergents and full loads. Also, on weekdays use your washer and dryer early in the day or late at night.

Showers generally use less hot water than tub baths. But don't let your youngsters stay in there for 15 to 20 minutes. That's a lot of hot water—and money—down the drain.

One final reminder, on weekdays try to use your electricity as much as possible before 10 a.m. and after 10 p.m., when the weather gets really hot.

By following these simple tips, you can help reduce peak loads—and help control your electric bill.

Vepco